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**ABSTRACT**

A polysaccharide useful as an ingredient of a food containing psyllium is disclosed. The increase of viscosity resulting from hydrated psyllium can be reduced by the present polysaccharides without adversely affecting the physiologically beneficial effects of psyllium. The present invention also provides a food product containing the psyllium viscosity-reducing polysaccharide and psyllium, and a method of manufacturing the same, characterized by having excellent handling properties and favorable palatability, even if the method includes a step of heating the psyllium, especially in a hydrated form.